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Tuesday, November 1, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

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Glen Macnow is calling out Eagles head coach Doug Pederson for Sunday's overtime loss in Big D. 26

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Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. Why is candidate James Jones considered a long-shot in the Second Congressional District election?

2. How many hockey games have the Flyers yanked their starting goalies from?

3. Which studly British actor is Madonna allegedly dating?

3 things you need to know

POLL: CLINTON'S LEAD SLIPS AS FBI LOOKS AT MORE EMAILS

Democrat Hillary Clinton's lead in the U.S. presidential race has narrowed slightly since the FBI said late last week it was reviewing new emails in its investigation of the former secretary of state, according to a Reuters/Ipsos opinion poll released on Monday. Clinton had a 5 percentage point lead over Republican rival Donald Trump, according to the Oct. 26-30 survey, down from 6 percentage points posted in the five-day tracking poll last Thursday. Other polls have also shown Clinton's lead slipping over the weekend. Real Clear Politics, which averages the results of most major polls, shows that Clinton's lead has declined from 4.6 points on Friday to 2.5 points on Monday. Federal Bureau of Investigation Director James Comey told Congress in a letter made public on Friday that his agency was looking into new emails that may be connected to Clinton. REUTERS

GE TO MERGE OIL UNIT WITH BAKER HUGHES TO CREATE SERVICE GIANT

2 General Electric Co. (GE.N) said on Monday it would merge its oil and gas business with Baker Hughes Inc (BHI.N), creating the world's second-largest oilfield services provider as competition heats up to supply more-efficient products and services to the energy industry after several years of low crude prices. The deal to create a company with $32 billion in annual revenue will combine GE's strengths in making equipment long-prized by oil producers with Baker Hughes's expertise in drilling and fracking new wells. Shares of Baker Hughes were down nearly 7 percent, a drop that executives said likely was due to the deal's complicated structure. REUTERS

US STOPPED PHILIPPINES RIFLE SALE THAT SENATOR OPPOSED

3 The U.S. State Department halted the planned sale of some 26,000 assault rifles to the Philippines' national police after Senator Ben Cardin said he would oppose it, Senate aides told Reuters on Monday. Aides said Cardin, the top Democrat on the Senate Foreign Relations Committee, was reluctant for the United States to provide the weapons given concerns about human rights violations in the Philippines. The relationship between the United States and the Philippines, a long-time ally, has been complicated lately by President Rodrigo Duterte's angry reaction to criticism from Washington of his violent battle to rid the country of illegal drugs.More than 2,300 people have been killed in police operations or by suspected vigilantes in connection with the anti-narcotics campaign since Duterte took office on June 30. REUTERS

Flowers from Betty Ann's Italian Market Florist being sold at Botanica Sigua A.D. AMOROSI

'Circle of trust' formed at 9th Street Stock Exchange

The exchange is part art project, part socioeconomic experiment.

A.D. AMOROSI
@MetroPhilly
letters@metro.us

A display case of vintage pulp fiction novels incongruously stood near shelves of pots and pans inside Fante's Kitchen Shop in South Philadelphia.

It's not that the culinary supply store was expanding its inventory to include paperbacks. It was selling the books for Molly's Books and Records, its retail neighbor.

And Molly's might return the favor by selling some of Fante's cooking utensils.

The cozy relationship of these merchants is the intended purpose of something called the 9th Street Stock Exchange.

The exchange is part art project, part socioeconomic experiment. It was founded and is curated by Theresa Rose in collaboration with Mural Arts Philadelphia.

"Led by artist Jon Rubin, the 9th Street Stock Exchange is a new system of economic and material exchange which connects neighboring businesses in the market that are often separated by cultural and socioeconomic differences," explains the project's website.

Eight businesses along South 9th Street in what has been the Italian Market block are participating in the project, which began on Oct. 12 and will continue into early December.

Rose received a Knight Foundation Arts Challenge grant in 2013 and enlisted Rubin, a "champion of working with the public in radical and creative ways," to work with her on the project.

"Jon and I were interested in the dynamic marketplace because of the richness of historical, cultural and socioeconomic diversity," she said.

The exchange includes old-school Italian and Jewish proprietors, as well as Mexican, Ecuadorian, Korean and Guatemalan business owners.

Betty Ann's Italian Market Florist and Alejandra Boutique are among the shops that agreed to sell each other's products on a weekly rotating basis. The exchange helps the participating retailers promote their shops and creates a sense of community among the shop owners, Rose said.

James Kim, who recently took over the J&J Discount sundries shop from his uncle, agreed that the exchange provided an opportunity to get to know his business neighbors.

"Plus, I've already sold religious statues from Botánica Sigua, jeans from Alejandra Boutique and Betty's has sold a handful of our baseball caps," he said. "That's the mark of success."

Joe Ankenbrand was initially skeptical about the exchange. He and Molly Russakoff operate Molly's Books & Records. It was Russakoff, a third-generation book seller on 9th Street, who persuaded Ankenbrand, her husband, to get involved in the project.

"It's great that shop owners become better acquainted, let alone meet," he said.

Rose and Rubin say the project is designed to create a "circle of trust" among the participating business owners.

"It's no small thing to ask an owner in a small store to move their own products over and make way for another store's products, to sell them as well as pass their own stock along," Rose said. "But 9th Street is a place teeming with potentialities and one we felt might benefit from bringing folks together."

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BRIEFS

Uber announces plan to expand service during SEPTA strike

Uber announced Monday afternoon plans to expand its services ahead of an anticipated strike by SEPTA's unionized workers in Philadelphia.

Uber plans to expand Pool, a service that allows customers to share their ride with fellow passengers traveling to nearby locations, by increasing its coverage zone by 800 percent to cover all 154 SEPTA rail stations.

ISTOCK

Previously, UberPool was limited to Philadelphia County and its immediate suburbs, as well as Wilmington. Starting Tuesday, its coverage will extend north to Frenchtown, New Jersey, west to just outside Reading, east to Trenton, and south to New Castle, Delaware.

In total, Uber will expand its coverage area to more than 2,600 miles.

According to the ride-hailing app, UberPool is approximately 75 percent cheaper than UberX. Rides can cost as little at $3.70.

The deadline for negotiations is midnight Monday. If SEPTA and members of the Transit Workers Local Union 234 cannot hammer out an agreement by then, subway, trolley and bus routes in the city limits will come to a halt. SEPTA is encouraging its passengers to rely on the Regional Rail or alternative forms of transportation in the event of a strike.

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A child is seen in an apartment with peeling lead paint. GETTY IMAGES

Philly lead paint crisis prompts calls for action

Disturbingly high rates of lead paint in Philly homes revealed by investigation.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

The day after a comprehensive investigation by the Inquirer reported on Philly children suffering from lead paint poisoning, leaders gathered to demand more enforcement of housing codes.

"This is worse than the situation in Flint, Michigan," state Sen. Vincent Hughes declared at a news conference at City Hall on Monday, joined by members of City Council, attorneys, tenant representatives and religious leaders.

"It is simply unacceptable that so many of our children in Philadelphia are being exposed to toxic substances such as lead," Hughes said. "We need an immediate influx of funding to deal with issues and protect the most vulnerable members of our society."

The Inquirer's latest article in its Toxic City series, published Sunday, focused on stories of children now suffering developmental disabilities due to their exposure to toxic lead paint, either through dust particles in the air they breathe or chips of lead paint.

The paper found that 2,700 Philly kids tested positive for high levels of lead exposure in 2015, a 75 percent drop over the past decade, but still twice as high as the national average.

"Prolonged exposure to lead has a very detrimental impact on children, including impairing cognitive functions and creating major behavioral problems," a news release from Hughes' office noted.

Lead paint was made illegal in 1978. About 92 percent of Philly homes were built before that year.

City law requires landlords to certify properties occupied by children under 6 as "lead safe," but the Inquirer reported "landlords largely ignore the law." And the city's Department of Public Health has lost 30 percent of its funding and 60 percent of its staff for a lead paint program, which has impacted enforcement of existing laws.

Hughes is calling a hearing of the Senate Democratic Appropriations Committee on Nov. 14 to address taking prompt action to resolve the crisis.

GETTY IMAGES

'OUR LIVES DEPEND ON IT'

ROB WONDERLING

The serial entrepreneur, billionaire and founder of PayPal, Peter Thiel once said, "We were promised flying cars, but instead we got 140 characters."

Thiel's quote stemmed from his belief that, as a nation, we have lost our "national aspiration" to take the next great leap forward with technology, innovation and invention. While I have always loved the sound effects of George Jetson's flying car, and would agree that we all need a strong dose of the aspirational, I would suggest that we should focus our ambition, investment and creative innovation a lot closer to home.

Specifically, I believe that we should make the concerted and collaborative effort to bring the next generation of health care innovation, technologies and business models to our brothers and sisters who need it most. Namely, the residents of North Philadelphia that, by virtue of their zip code, are predicted to live approximately 20 years LESS than the rest of us.

The good news is that we can do something now that will change the course of this forecast.

In mid-October, Gov. Tom Wolf, Human Services Secretary Ted Dallas and Mayor Jim Kenny announced a new initiative titled the North Philadelphia Health Enterprise Zone. It is a collaborative effort that will focus on targeting residents in North Philadelphia to improve their access to high quality, affordable health care.

The Chamber of Commerce for Greater Philadelphia, along with numerous other partners, including Chamber members Temple University, Einstein Healthcare Network and Hahnemann Hospital, was honored to participate in the announcement of this initiative.

Our role as an Enterprise Zone partner will be threefold:

- We will convene and aggregate our members and other civic partners in the Enterprise Zone to connect individuals with work and wellness opportunities.
- Working with our member health care/hospital providers and our Greater Philadelphia Health Care Innovation Action Team, we will bring the world's leading healthcare innovators to this area of our city to deploy new ways to encourage wellness, treatment, and high quality cost effective health care delivery models.
- We will be part of a shared advocacy agenda that will ensure that the appropriate level of public resources is committed to the City of Philadelphia to turn back this very unhealthy forecast.

Philadelphia is the city of brotherly love, and, as the scriptures ask, "Are we not our brother's [and sister's] keepers?" We have the resources, the technology and the drive. Here at the Chamber of Commerce for Greater Philadelphia, we stand at the ready to be the kind of aspiration Peter Thiel is seeking.

Rob Wonderling is president of the Chamber of Commerce for Greater Philadelphia.

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Study: Zika causes infertility, lasting harm to testes in mice

A study of mice infected with Zika showed the virus caused lasting damage to key cells in the male reproductive system, resulting in shrunken testicles, lower levels of sex hormones and reduced fertility, researchers said on Monday.

So far, the findings are only in mice, but the result is worrisome enough to warrant further study because of possible implications for people, said Dr. Michael Diamond of Washington University in St. Louis, whose research was published in the journal Nature.

"It has to be corroborated," Diamond, a professor of pathology, immunology and molecular microbiology, said in a telephone interview.

Much of the global effort to fight Zika has focused on protecting pregnant women from infection because of the grave implications for their unborn children.

Zika infections in pregnant women have been shown to cause microcephaly, a severe birth defect in which the head and brain are undersized, as well as other brain abnormalities.

Aedes aegypti mosquitos are known to carry the virus. GETTY IMAGES

Previous studies have shown that Zika can remain in semen for as long as six months. But little is known about whether prolonged exposure to the virus in the testes can cause harm.

To study this, Diamond and colleagues injected male mice with Zika. After a week, the researchers recovered infectious virus from the testes and sperm, and they found evidence of viral genes in certain cells of the testes. But overall, the testes appeared normal compared with other lab mice.

After three weeks, however, the differences were stark. The testes in the Zika-infected mice had shrunk to a tenth of their normal size, and the internal structure was destroyed.

"We saw significant evidence of destruction of the seminiferous tubules, which are important for generating new sperm," Diamond said.

The researchers also found that Zika infects and kills Sertoli cells, which maintain the barrier between the bloodstream and the testes and foster sperm growth. Sertoli cells do not regenerate.

That raises the specter of long-lasting damage.

"The virus is infecting a site which doesn't really renew if it gets damaged. That is the problem," Diamond said.

Tests of testicular function showed sperm counts, sex hormones and fertility had dropped. Infected mice were four times less likely to impregnate a healthy female mouse than healthy males.

"This is the only virus I know of that causes such severe symptoms of infertility," added Dr. Kelle Moley, a fertility specialist at Washington University and a study co-author.

There is no vaccine or treatment for Zika.

REUTERS

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Got bank? Election could create flood of marijuana cash with no place to go

Not enough banks are willing to take merchant's money from pot sales.

GETTY IMAGES/ISTOCKPHOTO

Although the sale of marijuana is a federal crime, the number of U.S. banks working with pot businesses, now sanctioned in many states, is growing, up 45 percent in the last year alone.

Still, marijuana merchants say there are not nearly enough banks willing to take their cash. So many dispensaries resort to stashing cash in storage units, back offices and armored vans.

Proponents believe the Nov. 8 election could tip the balance in favor of liberalizing federal marijuana laws, a move seen as key to getting risk-averse banks off the sidelines.

Measures on ballots in California, Florida and seven other states would bring to 34 the number of states sanctioning pot for medical or recreational use, or both. That could push annual sales, by one estimate, to $23 billion.

The prospect for a market of such scale is adding urgency to calls for a national approach to marijuana that expands banking options. Law enforcement and Federal Reserve officials have expressed concern about the fraud and crime associated with unbankable cash.

Nearly 600 dispensary robberies have been reported in Denver since recreational pot was legalized in Colorado three years ago.

"There's not a single human being who thinks there is any benefit at all in forcing marijuana business to be conducted on an all-cash basis," said Rep. Earl Blumenauer, a Democrat from Oregon who has called for the decriminalization of marijuana since coming to Congress in 1996.

Money laundering

The U.S. Justice Department said in 2014 it would not prosecute banks for serving state-sanctioned marijuana businesses. At the same time, the Treasury Department requires banks to report suspected drug crimes.

At last count, 301 banks were serving marijuana businesses, according to the Treasury Department. Many more have avoided the sector out of fear that making the wrong call could put them at risk, said Robert Rowe, a vice president at the American Bankers Association.

The National Cannabis Association is pressing Congress for a law that would hold banks harmless for handling pot cash, said Michael Correia, a lobbyist for the trade group. If California legalizes recreational use next week, the nation's biggest congressional delegation will have a big stake in the issue.

In lieu of federal action, some states have tried their own fixes. Colorado created a credit union system for state-sanctioned marijuana businesses. But it fell apart when the Kansas City Federal Reserve denied a Colorado pot credit union access to the national payments system, which distributes currency and clears checks and electronic payments.

California has no such plans, said Tom Dresslar, spokesman for the state's Department of Business Oversight.

"This was a problem created by federal law," Dresslar said, "and it needs a federal solution."

In northern California, where growers serve state-sanctioned medical dispensaries as well as the black market, the Community Credit Union of Southern Humboldt stopped opening pot business accounts because of the red tape and uncertainty, said senior vice president Janet Sanchez.

"We're not being asked to go over to the gun dealer and ask them if they're making appropriate background checks," she said.

Dispensary operators unable to find willing banks tell tales of subterfuge, record-keeping nightmares and armies of security guards. Many open bank accounts and submit credit card charges in ways that obscure their true enterprise, such as "spa services." REUTERS

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Wells Fargo agrees to $50 million settlement over homeowner fees

Wells Fargo & Co. has agreed to pay $50 million to settle a racketeering lawsuit accusing it of overcharging hundreds of thousands of homeowners for appraisals ordered after they defaulted on their mortgage loans.

The proposed settlement, which requires court approval, was disclosed in a filing on Friday in an Oakland, California, federal court. If approved, it will resolve nationwide claims that Wells Fargo charged much more than it paid for third-party appraisals, exploiting borrowers who could least afford it and driving them further into default.

Wells Fargo's settlement of the lawsuit comes as the bank is still recoiling from a scandal over sales targets that drove employees to create unauthorized accounts for customers. Multiple lawsuits over those practices are pending.

Spokesman Tom Goyda said Wells Fargo believes its appraisal practices were proper and disagreed with the lawsuit's claims but settled to avoid further litigation.

"We're very pleased to have negotiated a settlement that achieves our litigation goals."
Tellis

Plaintiffs' lawyer Roland Tellis said: "We're very pleased to have negotiated a settlement that achieves our litigation goals."

About 250,000 homeowners are covered by the proposed deal, he said.

Mortgage agreements allow banks to charge homeowners for the appraisals if they default on their mortgage loans, but Wells Fargo added large markups to the amounts its third-party vendors charged, the 2012 lawsuit said.

Wells Fargo typically charged $95 to $125 for the type of expedited appraisal at issue, when the actual cost was $50 or less, the complaint said. The charges added hundreds or thousands of dollars to borrower's mortgage loans over time, the lawsuit said.

Customers did not know they had been victimized because the charges were described on statements with cryptic labels such as "other charges," the lawsuit said.

The plaintiffs had sought triple damages under the federal Racketeer Influenced and Corrupt Organizations Act. The lawsuit said sending invoices and statements with the fraudulently concealed fees constituted mail and wire fraud sufficient to allege racketeering.

In court filings, lawyers for Wells Fargo had called those claims "farfetched." The U.S. Office of the Comptroller of the Currency and courts have recognized that fees similar to Wells Fargo's can include a profit margin, the lawyers said. REUTERS

Wall Street flat as investors hold off ahead of election

Traders work on the floor of the New York Stock Exchange. GETTY IMAGES

Uncertainty caused by the narrowing of the polls.

Stocks were little changed on Monday as investors desisted from taking large positions ahead of the outcome of the U.S. election next week.

The FBI's review of newly discovered emails related to Hillary Clinton's use of a private server added to the uncertainty over U.S. presidential elections.

While Clinton had opened a recent lead over her unpredictable Republican rival Donald Trump in national polls, it had been narrowing even before the email controversy resurfaced.

An ABC News/Washington Post poll released on Sunday showed Clinton with a statistically insignificant 1-point national lead.

"The narrowing of the polls is making the market a little bit nervous because it had priced in a Clinton victory," said Thomas Wilson, senior investment manager at Brinker Capital, Berwyn, Pennsylvania.

"This has caused some uncertainty and we all know the market hates that. I expect the market to be stuck in a no-man's land until the election."

On Monday, though, investor sentiment was buoyed by a flurry of deals.

Dow component General Electric was up 0.61 percent at $29.39 after it said it would merge its oil and gas business with oil field services provider Baker Hughes. Baker Hughes was down 1.8 percent at $58.04.

Level 3 Communications rose 4.3 percent to $56.42 after CenturyLink said it would buy the company in a deal with an equity value of about $24 billion. CenturyLink fell 10.5 percent to $27.20.

At 10:58 a.m. the Dow Jones industrial average was down 1.78 points, or 0.01 percent, at 18,159.41; the S&P 500 was up 1.77 points, or 0.08 percent, at 2,128.18; and the Nasdaq Composite was up 4.32 points, or 0.08 percent, at 5,194.42.

Nike fell 3.2 percent to $50.36 and was the biggest drag on the Dow, after BofA Merrill Lynch downgraded the stock.

Seven of the 11 major S&P sectors were higher, with the utilities index's 1.61 percent rise leading the advancers.

The energy index slid 0.98 percent after oil prices fell, with the Brent crude futures hitting their lowest in more than a month.

The market is also watching the outcome of the U.S. Federal Reserve meeting, which begins on Tuesday. The Fed is unlikely to make a move this week, as it is too close to the election, with many market participants instead expecting a hike in December.

With uncertainty surrounding the outcome of the election and the Fed raising rates by the year-end, the U.S. market is headed for its worst monthly decline since January.

Advancing issues outnumbered decliners on the NYSE by 1,397 to 1,375. On the Nasdaq, 1,419 issues fell and 1,132 advanced.

The S&P 500 index showed seven new 52-week highs and five new lows, while the Nasdaq recorded 16 new highs and 72 new lows. REUTERS

"The narrowing of the polls is making the market a little bit nervous because it had priced in a Clinton victory."
Thomas Wilson, senior investment manager at Brinker Capital

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Facebook pledges fewer content removals, new criteria as yet unclear

Conflict over policies follow removal of iconic war photo.

Facebook will allow more content on its platform that it would have earlier removed because it violated its standards, with new criteria being worked out, a senior executive said on Monday, following a row over the removal of an iconic Vietnam War photo.

His comments came on the same day that more than 70 rights groups asked Facebook to clarify its policies for removing content, especially at the behest of governments, alleging the firm had repeatedly censored postings that document human rights violations.

Only a month ago, the company and Norwegian Prime Minister Erna Solberg came into conflict after Facebook deleted the photo of a naked Vietnamese girl fleeing a napalm attack, called "The Terror of War."

Solberg posted the photograph on her Facebook page after the company had deleted it from the sites of a Norwegian author and the newspaper Aftenposten, which mounted a front-page campaign urging Facebook to permit publication.

"We have made a number of policy changes after 'The Terror of War' photo. We have improved our escalation process to ensure that controversial stories and images get surfaced more quickly," said Patrick Walker, Facebook's director of media partnership for Europe, Middle East and Africa.

"[And] in the weeks ahead, we are going to begin allowing more items that people find newsworthy, significant or important to the public interest, even if they might otherwise violate our standards," Walker told a meeting of the Association of Norwegian Editors in Oslo, to which he was invited following the row.

Walker's comments echoed an Oct. 21 blog post by Joel Kaplan, Facebook's head of global

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public policy, and Justin Osofsky, Facebook's head of global operations and media partnerships, in which the executives said the firm would change its guidelines on removing content.

"Our intent is to allow more images and stories without posing safety risks or showing graphic images to minors and others who do not want to see them," they wrote.

On Monday, Walker told Reuters Facebook was at the beginning of the process of changing its guidelines and could not give further details.

Reuters reported on Friday that an elite group of at least five senior executives, including chief operating officer Sheryl Sandberg, regularly directs content policy and makes editorial judgment calls, particularly in high-profile controversies.

To the audience of journalists, the Facebook executive said the company had to have global standards of content as it was mindful that content, such as nudity, that was acceptable in one country may not be acceptable in another.

Many were left unconvinced after the debate.

"Facebook is trying to isolate this as a question of rules about nudity, about being careful. But this is not the question I am raising," Espen Egil Hansen, the editor-in-chief of Aftenposten, told Reuters.

"The question is whether they now have such a dominant role in distributing information and news that they are becoming a threat against important democratic processes." REUTERS

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Adele opens up about postpartum struggles

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Adele has built a massive career with her powerful voice — both in music and in life. And at the height of her career, she took on a new role as mom, or rather, mum. In a recent interview for Vanity Fair, Adele opened up about her struggles with motherhood.

"One day I said to a friend, 'I f—in' hate this,'" the 28-year-old admits. "My knowledge of postpartum — or postnatal, as we call it in England — is that you don't want to be with your child; you're worried you might hurt your child; you're worried you weren't doing a good job. But I was *obsessed* with my child. I felt very inadequate; I felt like I'd made the worst decision of my life … Eventually I just said, 'I'm going to give myself an afternoon a week, just to do whatever the f— I want without my baby.'"

We're glad that for at least a short time, Adele's not rolling in the deep.

the word

SESALI BOWEN
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Are Madonna and Idris Elba dating?

We were so excited to cover Idris Elba's victory in his debut kickboxing fight — it looks like the actor is being molded into a real life James Bond — that we may have overlooked a juicy detail. As mentioned, Madonna was ringside, cheering Idris on and capturing the fight for Instagram. While we were swooning over the 44-year-old, none of us thought to ask why the pop icon was there.

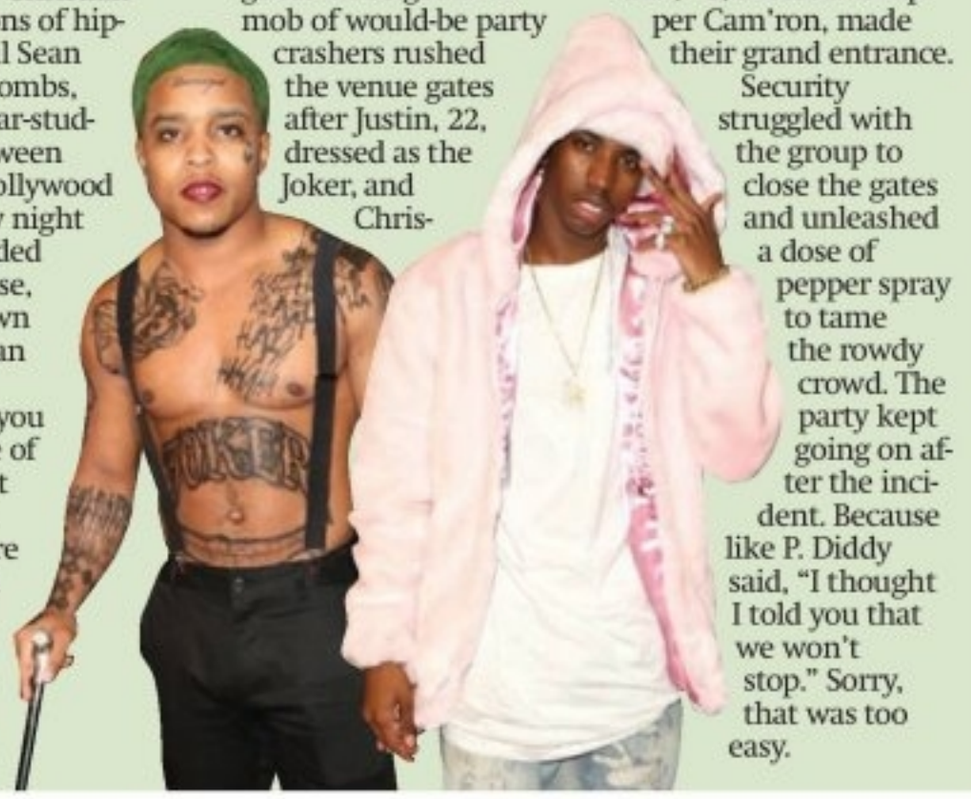
Well it looks like the two might have a thing! A source told the Sun that they were kissing after the match and pretty cozy at an after party. Elba took to Twitter to deny claims that they were sleeping together.

To Elba's defense, Madonna does seem to have a knack for publicly locking lips with celebs. Ask Britney Spears and Drake.

Slash claims he was never married to wife of 15 years

Celebrity breakups are in a league of their own when it comes to drama. And new developments in the divorce between Guns N' Roses guitarist, Slash, and his wife of 15 years, Perla Ferrar, is a case study in this. Perla speculates that half of the 51-year-old rock legend's fortune is worth over $10 million. Oh, and that fortune would be the one she claims she's entitled to — as there was no prenup. But Slash, whose real name is Saul Hudson, is throwing a curveball according to TMZ. He claims that the two of them were never actually married. Perla was still legally married to someone else when she and Slash tied the knot in 2001 thanks to a mishandling of divorce paperwork. The error was discovered years into her marriage to Slash and a judge retroactively fixed the mistake in 2009. But Slash says this mistake nullifies their 15-year marriage, shutting down her claim to half of his money. Welcome to the jungle known as divorce.

Mob tries to crash Diddy's sons' Halloween bash



Justin and Christian Combs, sons of hip-hop mogul Sean "Diddy" Combs, threw a star-studded Halloween bash in Hollywood on Sunday night that included Amber Rose, Chris Brown and Meagan Good.

When you throw one of the hottest parties in town, there are bound to be some people trying to skirt the guest list to get in. A mob of would-be party crashers rushed the venue gates after Justin, 22, dressed as the Joker, and Christian, 18, dressed as rapper Cam'ron, made their grand entrance. Security struggled with the group to close the gates and unleashed a dose of pepper spray to tame the rowdy crowd. The party kept going on after the incident. Because like P. Diddy said, "I thought I told you that we won't stop." Sorry, that was too easy.

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Laura Dern strives for teamwork on set

Laura Dern plays a lawyer dealing with a problematic client (Jared Harris) in "Certain Women." SUNDANCE SELECTS

The acclaimed actress talks about "Certain Women" and working with great filmmakers.

MATT PRIGGE
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Laura Dern collects unique filmmakers like trinkets. Over her career she's worked with David Lynch, Todd Haynes, Paul Thomas Anderson, Jonathan Demme, Robert Altman, Steven Spielberg and more. She places Kelly Reichardt ("Wendy and Lucy") right up there with them.

In the filmmaker's latest, "Certain Women," she takes the lead in one of its three stories. (The others star Michelle Williams, Lily Gladstone and Kristen Stewart.) Her character, Laura, is a lawyer whose wronged client (Jared Harris) winds up involving her in a hostage situation. It sounds like a powder keg, but Reichardt is more interested in the deceptively mundane moments. And for Dern, 49, that's what excites her about screen acting.

One thing I love about Reichardt's films is how much they dwell on in-between moments, when it seems like not much is happening but so much actually is.

She's definitely interested in what we usually don't see. What we often don't see is often what we're missing in people: what they're actually feeling and what they're going through, but which is not what's being spoken about. For me, it was a very exciting education in not simplicity — that's something I strive for no matter who I'm playing — but the character has a very specific kind of simplicity.

You seem to love working with filmmakers who have unique voices.

I'm such a fan of film, and I'm such an admirer and advocate for filmmakers making their visions. We have so few that really want to tell stories the unique way they want to tell them and will do whatever it takes to do that. Kelly is as fiercely true to that as anyone. She knows that if she wants to do it this way, it will have to be in a certain budget in a certain way, very run-and-gun. But she's going to make her movie. I've had that experience with David Lynch for my whole adult life. It's a beautiful thing when you get to witness that commitment to your vision. To be part of that vision, to be a collaborator in someone's voice that's particular and individual — that's why we do what we do.

I think on a film like this, if you gave it a lot of money it would take something away from it. It needs to be small.

It's true. There's a closeness and an intimacy that working in small independent films gives you. You're all working together. Everyone's there for love, from the person cooking to the people working together. Nothing is precious. We're all sharing one space to change and get hair and makeup done. You feel like you're doing a play. My dad [Bruce Dern] is a real inspiration for me in this area. He gets his hair and makeup done, then he sits on an apple box and spends time with the crew until they're ready for him. He loves being in the mix, because he loves watching storytellers do their work.

And you do that, too.

I do. It shifts a little when you become a parent. You're juggling babies in the trailer and being on the set. I'm always there unless I have my kids with me, too.

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Love and laughter at the Philadelphia

The festival features two documentarians with ties to Philadelphia.

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Audiences love a romantic comedy. But a couple of documentaries screening during the Philadelphia Jewish Film Festival illustrate the challenges found in humor and love. It's not nearly as effortless as it appears to be on the silver screen.

"The Last Laugh"

Ferne Pearlstein grew up in Wynnewood, a suburb right outside of Philadelphia. Her film on Holocaust humor, "The Last Laugh," will have its first hometown screening during the festival. Pearlstein first thought of documenting this particular dark subject in a comedic context in 1993, but had to wait almost 20 years to even begin the project.

"We made a film about bad taste, but we did it in good taste," said Pearlstein. "We started to uncover this funny and dark sense of humor among [Holocaust] survivors. It was very much like, 'We can make jabs at our parents but you can't.' Except it's not jabbing at parents, but what it was like to live in that hellhole."

Ferne Pearlstein
GERSHMAN Y

Pearlstein and her husband Robert Edwards had to assemble an entire film crew and scout locations in less than two weeks after they received a confirmation for their first interview. Actor and director Rob Reiner said yes to being featured in the film. After that, Pearlstein interviewed comedy and entertainment icons such as Mel Brooks, Sarah Silverman and Robert Clary in addition to Auschwitz survivor and activist Renee Firestone. The film discusses gallows humor in addition to references to Nazi Germany in entertainment since World War II.

"The Freedom to Marry"

Director Eddie Rosenstein grew up in Pittsburgh, but has been visiting and working in Philadelphia throughout his career. His film, "The Freedom to Marry," follows attorney Evan Wolfson as he navigates the world of legalizing

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Jewish Film Festival

Eddie Rosenstein GERSHMAN Y

same sex marriage. The film premiered almost exactly one year after the June 26, 2015 Supreme Court ruled that state-level bans on same-sex marriage are unconstitutional.

Evan Wolfson was at the forefront of this movement. Rosenstein grew up in his shadow. Wolfson and Rosenstein's families were friends and neighbors while the two men were growing up in Pittsburgh. Rosenstein said the two weren't close as kids, but the film brought them closer.

"You feel like you're riding shotgun with the people who made this happen," said Rosenstein. "This was no small feat to run, strategize and coordinate the biggest civil rights movement of our time."

Rosenstein worked on the film from January 2015 to June 2016. He said that the film will be shown at high schools and colleges in addition to embassies in order to educate people on same sex marriage in the United States.

"It's a democracy builder," said Rosenstein. "Everything seems so impossible these days. It's not impossible, but it's not easy."

"The Last Laugh" plays during the Philadelphia Jewish Film Festival on Nov. 12. "Freedom to Marry" plays Nov. 14. The festival runs Nov. 5-19.

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The First Person Arts

Here are five events you can't miss.

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Chip Chantry hosts the Grand Slam. JEN CLEARY

First Person Arts, the nonprofit initiative that has graced Philadelphia with thousands of personal spoken-word stories for the past 15 years, is marking its crystal anniversary with the 12-day-long First Person Arts Festival. Beginning on Nov. 7 and running through to Nov. 16, some of the city's top performers in all areas will take to stages all over the city, bestowing their gifts to appreciative audiences. Here are just five of the First Person Arts Festival's many wonderful events that anyone from the casual observer to the most refined art expert could appreciate.

1 Grand Slam

What would the First Person Arts Festival be without a strong opening number, one that provides the big payoff of the nonprofit's most renowned programming? In the spacious and vibrant Underground Arts building just north of Chinatown, the 2016 season's First Person Arts StorySlam winners will once again take to the stage and compete for the coveted title of Best Storyteller in Philadelphia. The prizes are quite grand: $250 cash and lifetime free admission to First Person Arts Slams, but truly the audience is itself made up of winners. This is due to the fact that they will hear deep, moving, funny, shocking and tragic stories from some of the best- and least-known names in storytelling in the area. The event will be hosted by Chip Chantry, winner of the 2013 Helium Comedy Club's Philly's Phunniest Contest and himself a former Slam contestant.

The winner of this year's Grand Slam will go on to compete against his or her fellow winners from years past at the conclusion of the festival on Saturday, Nov. 19 in the All Star Slam.

Monday, Nov. 7 at 8 p.m.
Underground Arts

2 Poll Party

The First Person Arts Festival's notable lineup marches on the very next day with Poll Party. As one of the most wild elections in U.S. his-

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Festival returns for 2016

Poll Party. ERIC TSURUMOTO/ PAPER BOX SESSIONS

tory draws to a close, people across America — and perhaps the world— will be tuning in to their favorite news media to see who will succeed Barack Obama as president of the United States: Democrat Hillary Clinton or Republican Donald Trump. But why watch at home where there is no one to share your joy — or grief — with? At Poll Party, you can watch the results with your fellow voters live, with area burlesque troupe Agitated providing much-needed laughter during commercial breaks and the (appropriately-booked) band The Hopefuls providing musical accompaniment. Patrons of Poll Party will also be treated to beer from Yards Brewing Company.

Tuesday, Nov. 8 at 8 p.m.
Christ Church Neighborhood House Theater

3 "I Found God in Myself: A Conversation with Ntozake Shange"

Perhaps the central event of the entire First Person Arts Festival, this riveting performance and discussion with one of modern literature's award-winning and celebrated artists is certain to speak to everyone who has the pleasure of attending. Shange will read from her personal poetry collection, including her Tony and Obie Award winning piece "for colored girls who have considered suicide/when the rainbow is enuf." Following the performance, Shange and other special guests will engage in a discussion about her work's creation and from where she draws her influence.

Friday, Nov. 11 at 8 p.m.
The African American Museum in Philadelphia

4 "White Like Me: A Honky Dory Puppet Show"

In a biting and certainly hilarious one-man show, satirist Paul Zaloom will, with the help of everything from toy cars to dolls, tell the story of the history of the white man. Detailing a fictitious background that explores the white man's earliest beginnings to his current status as a fearful minority, it is safe to say that Zaloom's performance will delight audiences of all backgrounds.

Wednesday, Nov. 16 & Thursday, Nov. 17 at 8 p.m.
Christ Church Neighborhood House Theater

5 "Sex For Sale: True stories from the World's Oldest Profession"

For the first time ever in Philadelphia, First Person Arts Festival attendees will witness all-too-true stories from current and former members of the sex work industry. At times humorous, at other times heartbreaking, and certainly eye-opening all around, this show aims to educate its audiences on what it truly means to live in the most notorious — yet most taboo — underground.

Friday, Nov. 18 at 8 p.m.
Christ Church Neighborhood House Theater

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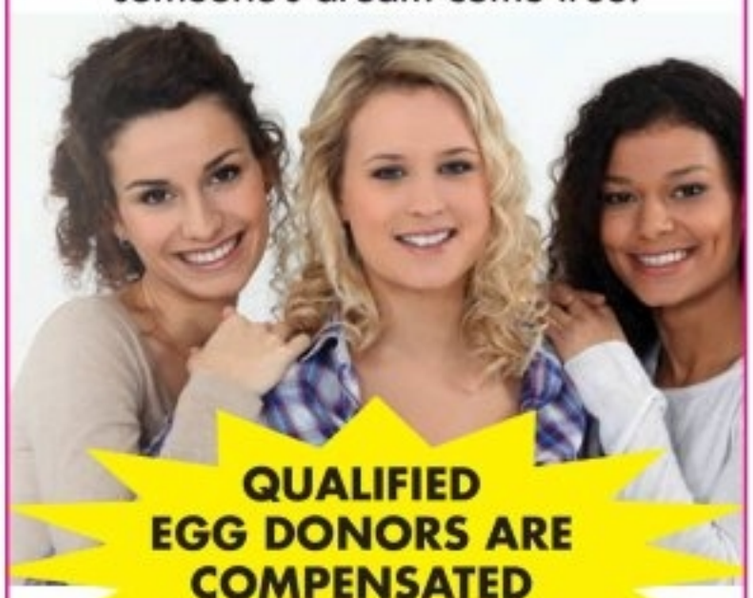
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Getting schooled

City sensibilities have changed, and the Public School designers are ready to keep up.

RACHEL RACZKA
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Public School designers Dao-Yi Chow and Maxwell Osborne have grown from fashion darlings (they were the only menswear brand chosen as part of the CFDA's Fashion Incubator in 2010) to a major driving force at one of New York's biggest design houses (they currently helm DKNY in addition to their own label). The New Yorkers, known for their ability to mix street, luxury and playful tomboy silhouettes, stopped by Boston's Saks Fifth Avenue to celebrate the arrival of their latest collection and their new game-changing collaboration with New Era.

Maxwell Osborne and Dao-Yi Chow of Public School at Saks Fifth Avenue in Boston SMITA JACOB/HOGGER & CO. PHOTOGRAPHY LLC.

It's funny because Boston considers itself a rival of New York, but New York doesn't quite see Boston the same way. Since you're so representative of NYC, as a brand and designers, do you think that helps or hurts you in the Boston market? What about other "rival" cities? Is it a tough sell?

Dao-Yi Chow: It's so ingrained in what we do that it doesn't feel like sell to us. It's what you get when you experience Public School. You should be able to get a New York vibe, but it's not made to be an "our city is better than yours" type of thing. I also think, we hopefully represent every big city — sophisticated ease and the functionality that gets you through the entire day — those are the sensibilities that anyone in a big city can appreciate.

Do you feel these past few years have changed you as designers — especially having come from the CFDA/Vogue Fashion Fund microscope?

Maxwell Osborne: I think there's been a maturity that we're continuously learning from. Season by season and day by day, we're pushing hard, but over the years, we've learned a lot of what not to do. We've made lots of mistakes, but those are the mistakes that made us who are. And we keep learning from our mentors and embracing what they've taught us.

Who's taught you the most?

Chow: I think the business has taught us the most; not just one person. And making those mistakes, like Max said. Then ultimately learning to embrace who we are. Having gone through the CFDA progression, we felt like there was a role we had to play, but now we're coming into embracing our history and ideas and not being afraid of doing something because it might not fit into a fashion calendar, or old rules of what fashion has historically placed on designers. Now it's about doing what's right for our business.

Let's talk about New Era collaboration — team logos are such a sacred thing. Was it intimidating to approach the project?

Osborne: We were the first ones in history to alter the logos — other [designers] have been able to play with the colors or the placement of the logo, but no one's been able to alter it. We were so excited to do that.

Since NYC and the people living there are your muses, have you see her sensibilities change over the years? Is there a difference in what a New Yorker wants to wear?

Osborne: We've always thought about day-to-evening, and creating that sophisticated ease, and I think that's gone further [since we started out]. At one point, stretch fabric made up like, 2 percent of what designers are showing you, and now it's like, more than 80 percent. Everything needs to have a purpose and functionality more so than ever. Sneakers are more acceptable. Sweatsuits are appropriate. Just being comfortable is a trend.

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Public School x New Era

Public School was tapped by New Era to reimagine the baseball caps for the New York Yankees and the New York Mets. The designers, who are opposing fans of the teams (Chow supports the Yankees, Osborne, the Mets), were given the opportunity to update and alter the logos for both teams for the first time in MLB history.

"It's that contrast that pops up in our work," explains Chow. "We appreciate that contrast. A [baseball cap] doesn't usually have its place in a woman's femininity, but it's always nice to break it up."

The limited-edition hats are available for $65-$75 at PublicSchoolNYC.com.

Working out in the winter

Tips to help keep you active during the colder months.

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Staying motivated to exercise regularly is hard enough; once winter strikes and the temperature drops, many of us eschew the idea of going for a run or a bike ride, instead opting to camp out under a blanket on the couch. (Netflix and warm?)

But much of that feeling of intimidation can be chalked up to inadequate preparation. Once you know what to wear to steel yourself against the elements and how to adjust your training regimen, the rest is mental. Here are some tips that will help keep you moving during the sluggish season.

Knowing the risks

Anthony D'Angelo, a physical therapist and strength and conditioning specialist with Professional Physical Therapy in Manhattan, says being able to identify the symptoms of frostbite and hypothermia is a top priority.

He recommends training in the cold weather with a buddy, who can help spot signs of frostbite (numbness, tingling, hardness of skin) and hypothermia (shivering, slurred speech, loss of coordination).

The rule of layering

Dave DiCerbo, the founder of Destination Backcountry Adventures, who leads New Yorkers on hiking and camping trips upstate, says, "Moisture is as much your enemy in the winter as the cold." Taking into account the role sweat plays in your comfort level is key for any type of winter workout.

Your base layer should be a close fitting, thin to medium-thick synthetic garment that will wick away moisture from your body so that you don't end up shivering in your own sweat. Uniqlo thermal wear is an affordable and satisfactory option. If it's an especially chilly day, go for a wool-synthetic blend: the synthetic will absorb your sweat, while the wool insulates well when wet, "so you get the best of both worlds," says DiCerbo. Cotton, which retains moisture, should be avoided.

Next, you'll need an insulating layer to help capture your body heat: a wool sweater, down vest or a fleece. And finally, an outer layer, or shell, such as a waterproof windbreaker, will protect you from wind and precipitation.

The trick is layering and delayering as your body temperature varies. "Don't sweat through your layers," he says.

Protecting your extremities

DiCerbo prefers wearing glove liners, which allow for dexterity, and then topping them with mittens for an extra insulating layer.

If you're biking — in which case mittens won't provide much in the way of functionality — Sam Richardson, manager at Bicycles NYC, warns against gloves that are too tight, which won't keep your fingers warm. You'll want them to fit "slightly looser than snug" so as to allow your body heat to warm the air between your fingers and the glove.

Richardson recommends a neck gaiter, which you can also pull up to cover your face, to help brace yourself against the wind (also applicable for runners). Helmet or skull caps, essentially a sock for your head, fit nicely under your helmet and cover your ears, "keeping the breeze off your dome piece," as he puts it.

Rather than doubling up on socks, which will cut off circulation to your feet, opt for a thicker brand, such as the Gore Thermo Road, he says. Winter cycling shoes, which are waterproof and insulated, are a worthwhile investment for a frequent cyclist. Toe covers, which you can slip over your regular shoes to protect your toes from the wind, make all the difference on a chilly ride.

Training tips to consider

Muscles tend to tighten up in the cold weather. D'Angelo recommends stretching the major muscles — Achilles tendon, calves, hamstrings and quads — before as well as after a workout. Using a foam roller to roll out your muscles after a workout helps loosen up the fascia, the layer of tissue between skin and muscle, and has the same effect as a massage.

Respiratory conditions are often exacerbated by the cold. For those who have asthma or have a history of bronchitis, D'Angelo suggests scaling back on training outdoors in the colder months.

Finally, make sure you stay hydrated. "You can perspire just as much in the cold as the heat," D'Angelo says.

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A new study showed high intensity weight training improved cognitive function in participants aged 55 to 86. ISTOCK

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Weight training expands your mind and muscle

Australian scientists confirm that weight training is helpful for dementia patients.

It turns out that exercise builds brain as well as brawn. At least that's the case if you're suffering from dementia or mild cognitive decline, which are precursors to Alzheimer's disease.

According to statistics around 135 million people are expected to suffer from dementia by 2050. Researchers at Sydney University, Australia, who recently completed a study confirming that weight training regularly could make people more intelligent, think their discovery could help to build a "healthier ageing population."

The investigation, published in the Journal of the American Geriatrics Society, saw people aged 55 to 86 carrying out exercise and brain training. Results showed that people who were in the high intensity weight training group improved their cognitive function, compared to the group who received the low intensity exercise classes. "The high intensity group also had an increase in a particular part of the brain known as the posterior cingulate gyrus, and area known to be affected by Alzheimer's disease," said lead researcher Dr. Yorgi Mavros. He added: "Our study shows that these responses are mediated by strength gains. What this suggests is that the stronger you get from weight training, the better the benefit for your brain. So to maximize the effectiveness of your weight training program, you need to do it at a high intensity, around 80 percent of your maximum, and frequently, at least twice per week."

However, it still remains unclear whether the study results would apply to people that do not have dementia. Also, researchers have not found out exactly how doing weights makes people smarter. But they hope that more and more people will start doing strength training, because when done properly and under supervision, it is both safe and effective for people of all ages.

"In the future we would like to uncover the mechanism that stimulated the cognitive change," Mavros concluded. "We think whatever is making your muscles bigger and stronger is also having a direct effect on the brain. We don't know what it is yet, but we are looking to find this out. Until then, just remember, it's never too late to start exercising." MWN

A new study shows injectable birth control for men had a failure rate of 7.5 percent, which is lower than condoms. ISTOCK

Injectable birth control for men holds promise; risks remain

Injecting men with two different hormones every eight weeks suppressed their sperm production enough to act as birth control, according to a new study.

The study had to be stopped due to safety concerns, however. An independent safety board found that side effects, which included depression and other mood disorders, outweighed the potential benefits of the injections.

"Researchers are trying to identify a hormonal male contraceptive that is effective, reversible, safe, acceptable, affordable and available," the study's technical team wrote in an email to Reuters Health.

The researchers, led by Dr. Hermann Behre of Martin Luther University of Halle-Wittenberg in Germany, recruited 320 healthy men ages 18 to 45 from several countries. All had been in monogamous relationships for at least a year with women between 18 and 38 years old. The couples did not want to get pregnant within the next two years.

Every eight weeks, the men received injections of long-acting testosterone and progestin.

"Giving testosterone in high doses suppresses sperm production in the male reproductive organ or the testes over several weeks," according to the researchers.

Adding another hormone, "usually a progestin, helps increase the suppression of sperm production to lower levels, in more numbers of men," they continued. "It will also help to sustain it, so that injections may be given less frequently."

In 274 men, or 86 percent, sperm counts dropped to the target of less than 1 million per milliliter of semen after 24 weeks. Normal sperm counts range from 40 to 300 million per milliliter, according to the National Infertility Association.

Four pregnancies occurred among 266 couples over 56 weeks of follow up, the researchers report in the Journal of Clinical Endocrinology and Metabolism.

The failure rate of this form of birth control was 7.5 percent, they found. The U.S. Centers for Disease Control and Prevention says male condoms have a failure rate of 12 percent. In women, birth control pills, patches and rings have a failure rate of about 9 percent. Failure rates are below 1 percent for female implants and intrauterine devices and sterilization surgeries in both men and women.

Of the side events thought to be related to the injections, about 46 percent of men reported acne, about 23 percent reported injection site pain, about 38 percent reported an increase in libido and several reported mood disorders, including emotional disorders, hostility, depression and aggression.

In addition to safety concerns, there are unknowns about this approach to birth control, said Dr. Landon Trost, who is head of andrology and male infertility at the Mayo Clinic in Rochester, Minnesota. In most participants, sperm production rebounded after the injections stopped, but the study only included men with healthy sperm counts.

It's important to realize, he added, that this form of birth control — unlike condoms — would not protect against sexually transmitted infections or disease.

The World Health Organization, whose researchers were among those who worked on the new study, currently recommends condoms and sterilization as the only forms of male birth control. ANDREW M. SEAMAN/REUTERS

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PEDERSON DESERVES BLAME FOR EAGLES LOSS IN DALLAS

THE SPORTS PROFESSOR

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Dak Prescott led the Cowboys overtime comeback march, but Carson Wentz actually had the better QB game score. GETTY IMAGES

This loss is on the coach.

We all questioned how Doug Pederson would fare in the NFL, with no head coaching experience beyond high school. For the most part, his first two months went well. Monday night — under pressure, on the road against a rival, on national TV — he turned into a pumpkin.

A series of curious decisions cost the Eagles in their 29-23 OT loss to Dallas. Sure, there were dropped passes and botched blocking assignments and missed tackles. Players need to execute better. But all would have been overcome had Pederson not made a string of bad moves starting when the Eagles had a late 23-16 lead:

Eagles third-and-eight at the Dallas 30.

With seven minutes to go, the Eagles were poised to take a two-score lead. All they really needed here was a plunge into the line for a yard or two. Then hot kicker Caleb Sturgis could enter to finish things off.

Instead, Pederson called an easily telegraphed behind-the-line swing pass to Darren Sproles that lost six yards. Suddenly, a manageable FG attempt became challenging.

Eagles fourth-and-14 at the Dallas 36.

All and still, the obvious next move was to attempt the 53-yard field goal. Sturgis had nailed a 55-yarder at the end of the first half. He's three-for-three this season from 50 or more. The risk/reward needle pointed to trusting your kicker and claiming the late 10-point lead.

But Pederson chickened out and punted. So much for "Big Balls" Doug. Dallas got the ball back and drove 90 yards for the tying TD.

Dallas third-and-20 at their 18.

With the game tied and 33 seconds left in regulation, Connor Barwin sacked Dak Prescott, putting the Cowboys in a precarious spot. Pederson should have called his first timeout and, assuming Dallas didn't execute a third-down miracle, used his second TO to force a punt. The goal should have been to set up a Sproles return and game-winning field goal.

Instead, Pederson let the Cowboys run out the clock and head to overtime. He seemed to be coaching scared. It was a stunningly conservative and out-of-touch strategy, evocative of ... well, Andy Reid.

There were other curious moves:

- Giving rookie Wendell Smallwood his first carry — which he fumbled — in crunch time. Likewise, introducing TE Trey Burton into the offense at the two-minute warning. Why take young guys who've sat all night and ask them to suddenly perform at the toughest moments?
- More bothersome was an unaggressive offensive plan that never asked Carson Wentz to throw the ball more than 10 yards. By the end, Dallas' LBs anticipated every swing or flat pass and were breaking for the ball as soon as Wentz raised his arm.
- You can blame the failure to even attempt any long passing plays on Pederson's concern over his battered offensive line. But, truth be told, the big boys acquitted themselves well.
- You can certainly blame it on wide receivers incapable of getting open downfield — or holding onto the ball when it reaches them. No doubt, the franchise's biggest shortcoming is at receiver — even though the Eagles have spent a third-, second- and first-round pick on the position in recent drafts.

The NFL's trade deadline arrives Tuesday at 4 p.m. Any move seems unlikely, but grabbing a receiver like Alshon Jeffery, Torrey Smith or Brandon Marshall would instantly give this team a weapons upgrade. It could prove the difference between making the playoffs and going home in early January.

Even after Sunday's horrid loss, the 4-3 Eagles still have a good shot for the postseason. Just three NFC teams currently have fewer than three losses. There's a lot of mediocrity out there.

But Pederson can't coach scared. He can't think horizontal when the game requires vertical. The rookie coach has needs to reclaim his mojo.

Third time's a charm?

The Sixers, well rested from their Saturday blowout loss to Atlanta, are back in action to wrap up their season-opening homestand against the Magic at 7 p.m., on CSN. They are 0-2 to start the campaign. GETTY IMAGES

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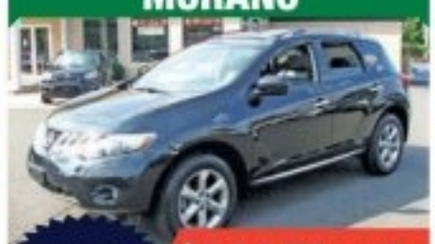
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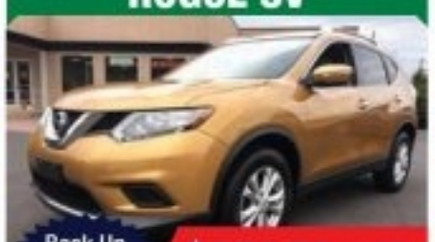
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3 Remedies to fix the Flyers' lackluster start

Another November arrives with the Flyers playing badly.

ERIC GOLDSTEIN
@EricEsponda
sports@metro.us

The Flyers offense is, surprisingly, among the best in the NHL. GETTY IMAGES

Even with their 4-3 win over the Hurricanes on Sunday night, on the back of Brandon Manning's short-handed goal, the Flyers will still begin the month of November without a winning record for the fifth straight season.

The last time they escaped the opening month of the year above .500 was in 2011, when the Flyers bolted out to a 6-4-1 start.

"We working on our game a lot right now," captain Claude Giroux told reporters after Sunday's game. "This is not the record we want right now, but we are getting better as a team."

As the club gets ready to flip the page to November tonight with a home game against the Red Wings, here's Metro's three keys for the Flyers to reverse course:

1 Need better first periods

The Flyers have shown improvement in this area lately, especially their last two games. However, much like how their season has gone, their opening 20 minutes have been just as bad. They've been outscored, 11-4, in the first period this year, and at one point, allowed opponents to score first in seven straight games. Constantly playing from behind is not a recipe for long-term success.

2 Need better goaltending

Steve Mason and Michal Neuvirth have both looked mediocre, at best, and unsettled, at worst. Mason is 4-2-1 with a 3.46 goals against average and .878 save percentage and has been yanked from one game this year. Neuvirth is even worse with a 2-1 record, 3.84 GAA and a .861 percentage — and has been already pulled twice.

3 Need better line consistency

Hakstol gets some leeway to tinker with his lineup to figure out what forward lines and defensive pairs work best together. His job hasn't been made any easier with the suspension of three regulars and a couple other starters missing due to injury. However, he is juggling his lines too much and not allowing players to mesh.

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  - * Traveling away from home or being home alone.
  - * Interacting with other people and meeting new people.
- I have nightmares or flashbacks about upsetting things that have happened to me.
- I have to do things over and over, such as wash my hands or check that the stove is off.
- I feel tense or anxious much of the time.
- Thoughts keep popping into my head that I can't get rid of.
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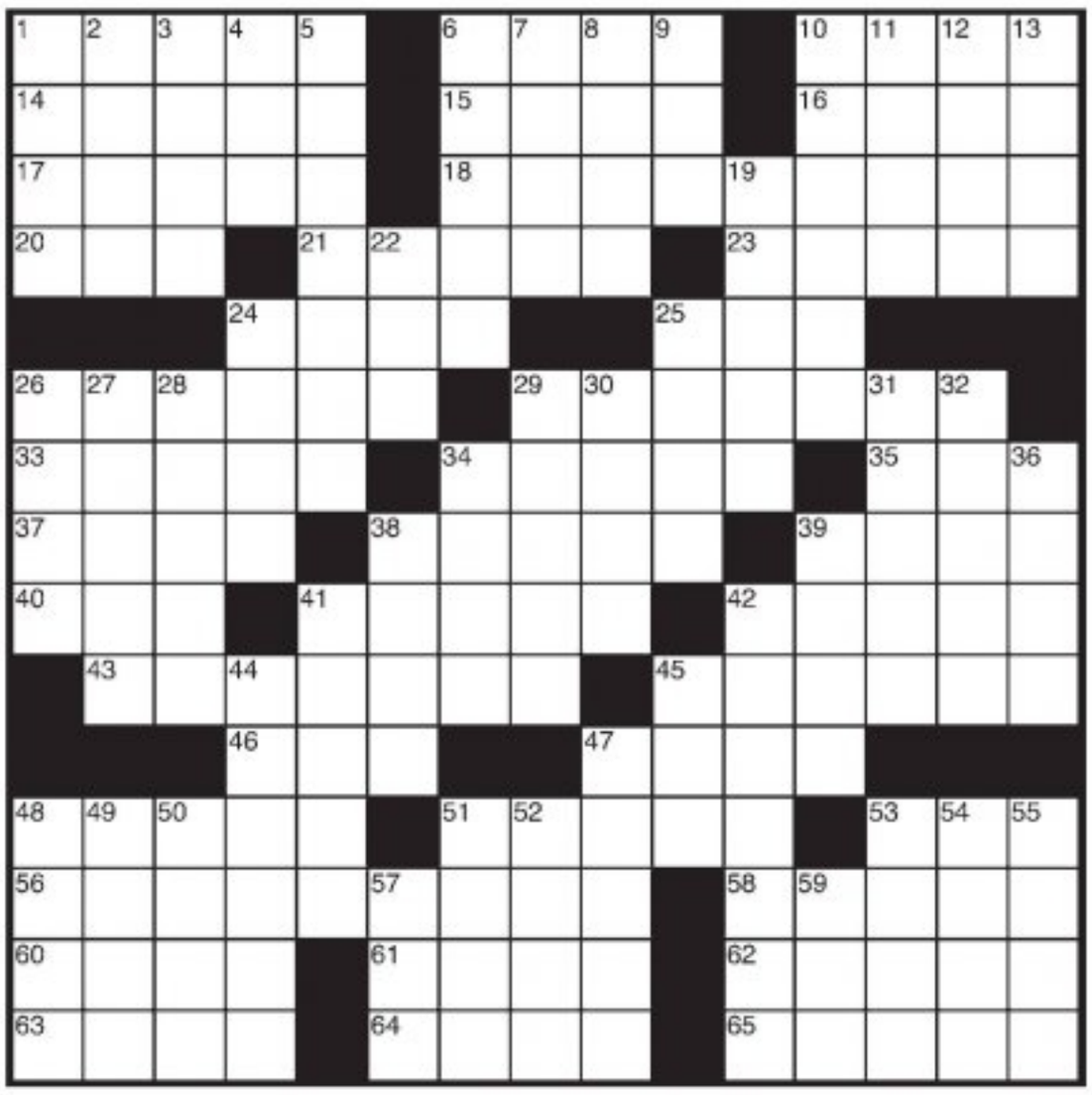
Across
1 Kind of bore
6 Fries or slaw
10 Cracked
14 Old cattle town
15 Psyche's suitor
16 Go it alone
17 Lady's honorific
18 Echo's beloved
20 Coast Guard off.
21 Many-petaled blossom
23 Judges
24 Part of BYOB
25 Burbank's sci.
26 Nanny from abroad (2 wds.)
29 Halts (2 wds.)
33 Diminutive
34 Wind catchers
35 Baton Rouge sch.
37 Take on
38 Make over
39 Galaxy unit
40 Shaggy-haired ox
41 Strides along
42 "Uncle Miltie"
43 Evening serenader
45 Peanut butter choice
46 Make haste
47 Harness piece
48 Curry spice
51 Went undercover
53 Not her
56 Mica
58 Mad Hatter's guest
60 Relate
61 Besides
62 Romeo, to Juliet
63 Whirlpool
64 Envelope abbr.
65 Type of jacket

Down
1 Large volume
2 Statuesque model
3 Pops
4 I knew it!
5 Kerosene, for one (2 wds.)
6 Hombre's honorific
7 Persia, today
8 Boat with oars
9 PC key
10 Net worth
11 Mr. Feliciano
12 School grad
13 Antarctic sea
19 Megastars, to fans
22 U.K. locale
24 Sturdy lock
25 Spouted, as a whale
26 Wan
27 Kayak's kin
28 Goose-down garb
29 Yearned deeply
30 Sporty trucks
31 Infra opposite
32 Choir selection
34 French Legion headgear
36 Heavy hydrogen discoverer
38 Caught the bus
39 Noticed
41 Deceitful
42 Weddings
44 Sparsely
45 Mediocre grade
47 Above the horizon
48 Quote from
49 Pre-owned
50 Serene
51 Margarita rim
52 Attention getter
53 Honey factory
54 Frosted
55 Just
57 Open meadow
59 Ed Asner's -- Grant



metro.us/sudoku

easy

	5				3			
	8				9	2		5
6		9	5	1				
		1			2		8	
2		4				5		1
	9		1			3		
				3	7	1		6
3		2	4				7	
			6				2	

hard

		8		7		2	1	
3					2		8	
	2				5		7	3
5			6				9	
			4		7			
	9				3			1
1	4		7				2	
	6		2					7
	7	3		1		6		

metro.us/horoscopes

Aries Plan a vacation or business trip. Your negotiating skills will help you get what you want. You won't be able to please everyone, but offering incentives will help.

Taurus Keep your motives honest and your plans on track. If you have nothing to hide, you will avoid interference. A partnership will improve if you focus on transparency.

Gemini Trust in yourself. You can present an idea, but don't reveal pertinent information. Stay in control, or someone will take credit for your work.

Cancer An idea or skill you have should be developed further. Something you do for someone you care about will benefit you as well.

Leo Avoid complaints by taking care of your responsibilities. An outing with friends, a networking event, relaxation session or romantic evening looks promising.

Virgo Don't let someone's disgruntled attitude get you down. Do what you can and move on to the people and pastimes that bring you the most satisfaction and joy.

Libra An interesting alternative to how or where you work will get you thinking about making a change. Do your homework before you take a leap of faith.

Scorpio You can lend a helping hand, but don't let anyone take advantage of your generosity. Gauge your time and delegate responsibility fairly.

Sagittarius Personal changes will make you feel good about your appearance. Your added confidence will result in new opportunities. Make a commitment and celebrate.

Capricorn You'll encounter deception from someone you thought you could trust. Don't share your strategy for success with anyone. Execute your plans secretively. Play to win.

Aquarius Put your best foot forward to be considered for a higher position. If you play your cards right, you could gain added recognition and respect from your peers.

Pisces Stick to the truth. Focus on what you can do for others and the incentives you can offer in order to get something in return.

EUGENIA LAST

Yesterday's answers

S	M	O	G	■	R	O	P	E	■	O	R	I	O	N
H	E	N	S	■	U	F	O	S	■	C	A	N	D	O
E	T	T	A	■	M	T	N	S	■	T	R	I	O	S
E	R	A	■	C	O	E	D	■	P	O	E	T	R	Y
P	O	P	C	O	R	N	■	N	E	B	R	■	■	■
■	■	■	R	N	S	■	S	O	R	E	■	D	E	S
S	W	A	I	N	■	H	I	B	E	R	N	A	T	E
O	A	T	S	■	J	E	L	L	S	■	O	R	C	A
P	R	O	P	R	I	E	T	Y	■	M	O	T	H	S
H	M	M	■	A	B	L	Y	■	E	O	N	■	■	■
■	■	■	A	V	E	S	■	R	U	N	S	O	U	T
U	N	A	W	E	D	■	B	O	C	A	■	L	L	B
R	U	R	A	L	■	M	A	U	L	■	N	I	N	O
S	N	A	K	E	■	A	S	T	I	■	I	V	A	N
A	C	T	E	D	■	R	E	E	D	■	L	E	S	E

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